

Meditation for Beginners

Beginners Mindful meditations



A Mindful Eating Meditation

Choose a raisin or other piece of fruit for this exercise, sit comfortably and follow this exercise.

“Sit comfortably with a raisin or small piece of fruit of your choice. I’m going to guide you through as though you have a raisin, but anything you have is perfectly adaptable for this exercise.

Let the raisin rest in your palm and take a few moments to notice how feels in your hand. There is nothing you should be sensing, just feel what’s there.

Are there any thoughts present? Excitement, curiosity, or embarrassment perhaps?

Become aware of temperature, any warmth? Or coolness?

Explore the raisin visually; it’s pattern, shape, and colour. Look for colours in the palm as well as the raisin?

Become aware of the sense of movement in the muscles as you move your other hand towards the raisin and pick it up between thumb and forefinger. Notice its texture, graininess etc. Squeeze ever so slightly and notice the interior texture.

Move the raisin to a point where you can really focus on it. Spend a moment noticing highlights, shadows, how it changes in the light.

Begin to move the raisin towards your mouth. Become aware of changes that might happen in your mouth or stomach, salivation perhaps? Place it in your mouth and don’t chew! Just let it rest on your tongue and notice any flavour that may be there. Notice any urges or impulses in the body.

Take a single bite, just one. Notice any flavour. Take another bite and notice any new changes or sensations. Slowly, start to chew and become aware of sound, texture, changes in taste. Just keep chewing very slowly until there is almost nothing left to chew. Then, when there is virtually nothing left to chew, swallow and follow it to towards your stomach as best you can until you lose sight of it.

When you are ready, bring your awareness back to the breath, your body and your surroundings, then slowly open your eyes. “

Try the 10-minute Guided meditation to get you started



How do you feel now?

There is no right or wrong answer to this question, we are all unique and see things differently. Just allow your experience to be what it was and take a minute to reflect on the exercise.

It's important to notice how the experience felt to you. Some people will focus on the smell, some people on the fact they don't like raisins. Some will find their mind wanders off, or don't experience much at all.

This exercise is just about noticing. Most of the time we will eat raisins on automatic pilot. We can eat handfuls while watching TV, or getting the kids ready for school, or while working. We don't even notice what they taste like, feel like or smell like.

Many natural objects make a great focus for this type of meditation. As well as fruit and vegetables, try using stones, crystals, pebbles, shells, pine cones, conkers, twigs, feathers or flowers to observe carefully, smell, feel and touch. Add this to your regular practice or use it as an occasional variation.